



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**NEWS AND INFORMATION FROM  
The Grand Traverse Bay YMCA**

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**Y FOR IMMEDIATE RELEASE:  
Y OFFERS NEW FITNESS CLASSES**

The Grand Traverse Bay YMCA is now offering some unique fitness classes at its Main Facility at 3000 Racquet Club Drive in Traverse City.

**Y TOTAL RESULTS TRAINING.** TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This is offered Monday from 10:45 am - 11:30 am; Tuesday from 6:45 pm - 7:30 pm; and Wednesday from 8:45 am - 9:30 am. Y Members: \$12 per 6 week session and non-Members: \$72 per 6 week session. Limited enrollment. Call 933-9622 for availability.

**Y POWER X.** This class will have participants tone and build muscles and gain endurance using weights and plyometric circuit training. No rhythm needed, just an attitude for hard work and a desire for great results! This hardcore strength and conditioning class is aimed to challenge even the fittest. So if you think you got what it takes to make it through an intense rip roaring program then ... BRING IT! Saturdays from 11:00 am - 12: 30 pm. (Note: No child care provided during this class.) Y Members: Free and non-members are \$10.

**Y PERSONAL TRAINING:** Work one-on-one with a Certified Personal Trainer

to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the YMCA Main Facility Front Desk to schedule a personal training session. Group or individual training fees: \$36/hr members and \$48/hr non-members .

If you have any questions or would like to learn more about Y fitness programs, you can call B Grand Traverse Bay YMCA at 231-933-9622 or their website at [www.gtbayymca.org](http://www.gtbayymca.org).

“It’s more than just a membership ... It’s the YMCA!”